



Ricotta Rigatoni Al Forno

with Spinach and Mozzarella

Veggie

35 Minutes

+ Add



Beyond Meat
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ricotta Cheese
100 g | 200 g



Rigatoni
170 g | 340 g



Yellow Onion
1 | 2



Baby Spinach
56 g | 113 g



Garlic, cloves
3 | 6



Crushed Tomatoes with Garlic and Onion
1 | 2



Mozzarella Cheese, shredded
¾ cup | 1 ½ cups



Vegetable Broth Concentrate
1 | 2



Garlic Salt
1 tsp | 2 tsp



Chili Flakes
1 tsp | 2 tsp



Parsley
7 g | 7 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Colander, medium oven-proof pan, measuring spoons, measuring cups, large pot

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- **Heat Guide for Step 2:**
 - Mild: ½ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Spicy: ½ tsp (1 tsp)

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Roughly chop **spinach**.

2



Cook rigatoni and mix ricotta

- Add **rigatoni** to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-13 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain rigatoni.
- Add **half the garlic salt** and **¼ tsp** (½ tsp) **chili flakes** to the container with **ricotta**. (**NOTE:** Reference heat guide.) Season with pepper, then stir to combine.

3



Cook onions

- **+ Add | Beyond Meat®**
- Meanwhile, heat a medium oven-proof pan (large oven-proof pan for 4 ppl) over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 4-5 min.

4



Make sauce

- **+ Add | Beyond Meat®**
- Add **garlic** and **remaining garlic salt** to the pan with **onions**, then season with **pepper**. Cook, stirring often, until fragrant, 30 sec.
- Add **crushed tomatoes**, **broth concentrate** and **½ tsp** (1 tsp) **sugar**. Bring to a simmer, then reduce heat to medium-low.
- Cook, stirring occasionally, until **sauce** thickens slightly, 6-8 min.

5



Assemble and broil rigatoni

- Add **rigatoni**, **spinach**, **reserved pasta water** and **half the mozzarella** to the pan with **sauce**.
- Season with **salt** and **pepper**, then toss to combine. (**NOTE:** If you don't have an oven-proof pan, for 2 ppl, transfer to an 8x8-inch baking dish. For 4 ppl, transfer to a 9x13-inch baking dish.)
- Sprinkle with **remaining mozzarella**, then dollop **seasoned ricotta** over top.
- Broil in the **middle** of the oven until **cheese** is golden-brown, 3-5 min.

6



Finish and serve

- Let **rigatoni al forno** cool, 5 min.
- Divide between plates.
- Sprinkle **parsley** over top.
- Sprinkle with **remaining chili flakes**, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook Beyond Meat® and onions

+ Add | Beyond Meat®

If you've opted to add **Beyond Meat®**, heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **Beyond Meat® patties** and **onions**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**.

4 | Make sauce

+ Add | Beyond Meat®

Add **garlic** and **remaining garlic salt** to the pan with **Beyond Meat® mixture**, then season with **pepper**. Cook, stirring often, until fragrant, 30 sec. Proceed with the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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